

# The Move More Derby Ambassador's Spring Wellness Workshop: Walking



## Useful Resources to Help Your Walking

### Top Tips for Walking

- Walking is just as good as any other type of exercise for physical and mental health – the key think is enjoyment!
- If you're new to walking, start slowly by doing short walks and build up gradually.
- Walk briskly if possible (like when you're late for a bus), as this increases the health benefits. However, walking of a low speed/difficulty is still very good for your health.
- Always take a drink of water (& snacks if going on longer walks)
- Plan your route so you don't get lost and take a mobile phone (in case you do). If going on longer walks, the 'what3words' app may come in handy in an emergency.
- If you have medical conditions and aren't already physically active, it's always best to seek advice from your GP/ medical professional before starting to walk regularly.
- Vary the route to keep it interesting and explore new places – it's surprising how much green space there is in and around Derby (this is where Google Map or apps can help you to plan/find places). Even including local parks and smaller green spaces can help your walk to be more interesting and help you feel closer to nature.
- Always best to walk with other people and socialise – but sometimes nice to walk on own too.
- Always wear comfortable, supportive footwear & dress for the weather conditions (several thin layers are best in colder temperatures)

### Derby Walking Festival

This year's Derby Walking festival celebrates walking and the many walking routes and opportunities available to you in Derby. Whether you are looking to keep fit, enjoy some fresh air or try something new, we invite you to move more!

With a variety of self guided, virtual and in person events there's something for everyone!

Like the Move More Derby Facebook page today @MoveMoreDerby to keep posted of all the festival updates and news!

The festival programme can be found here: <https://www.movemorederby.co.uk/derby-walking-festival>

If you would like a conversation on how you can be supported to walk more in your local community, or are keen to set up a walking group or find and create new walking routes, please do get in touch: [movemore@derby.gov.uk](mailto:movemore@derby.gov.uk) , we would love to hear from you!

### Opportunities to get involved

- Derby Nomad Ramblers offer a warm welcome with walks on almost every Sunday in pleasant company, predominantly in the beautiful Peak District and surrounding areas. The club also walks on the 1st and 3rd Wednesday of each month. More info can be found here: <http://www.derbynomads.co.uk>
- <https://www.visitpeakdistrict.com/things-to-do/activities/walking-and-hiking/10-great-walks-in-the-peak-district-and-derbyshire>
- <https://www.derbyshiredales.gov.uk/things-to-do/visiting-the-dales/outdoor-activities/walking/2019-circular-walks-3-12-miles>
- <http://www.visitambervalley.co.uk/get-active/walking-and-riding.aspx>
- Slow Ways is a project to create a network of walking routes that connect all of Great Britain's towns and cities as well as thousands of villages. Launched April 23rd. More info can be found here: <https://slowways.uk/>

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### Recommended Apps

- Ordnance Survey maps: Walking & Bike Trails: This app requires an annual subscription.
- Outdooractive: Walks & Biking (previously Viewranger)
- Strava: Run & Ride Training- Activity and distance tracker.
- Grid Ref UK and Ireland: GPS OS Map Grid reference App good for pinpointing location.
- OS Locate: Excellent for locating especially for emergencies.
- What3words: Easy way to identify precise locations and directions ideal in emergencies.
- One You Active 10 Walk Tracker: Developed by Public Health England the app is free and easy way to monitor your walking and supports you with increasing your intensity to benefit your health.
- MAPS.ME: Offline Maps, GPS Nav. A free navigation and travel guide which you can download providing you with detailed maps entirely offline, no internet required.

### Recommended Websites

[Plotaroute.com](https://plotaroute.com) is very good website used for planning a walk. It provides the distance of the walk and the user can select 'on foot'.

### Where to Find Us

For more ways to get active, follow us all at the links below:

Move More Derby - <https://www.movemorederby.co.uk/>

Derbyshire Cricket Foundation - <https://linktr.ee/DCFCricket>

WALX - Derwent & Dales - [www.walx.co.uk](http://www.walx.co.uk)

<https://www.facebook.com/WALXDerwentdales>

<https://www.instagram.com/walxderwentdales/>

<https://twitter.com/WALXDerwentDale>

Livewell, Walking for Health - <https://www.walkingforhealth.org.uk/walkfinder/walk-well-derby>



**Join us for our next Workshop on Thursday 22nd June, where we will  
be focusing on Women's Health.**